



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Hörsting, Jochen

Total time: 2:47:54

Club: Essen

Number: 331

Course: 55.40 km

Rank in course/Total: 25 (of 71)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 25 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 6(of 13)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:24:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	1.40	25:46	18:24	3	2:15	17	4:57	1.40	25:46	18:24	6	2:15	57	
Schwimmen Net	1.40	25:46	18:24	6	2:15	57		1.40	25:46	18:24	6	2:15	57	
Wechsel Schwim	0.05	2:21	47:00	4	0:56	16	0:56	1.45	28:07	19:23	6	2:44	57	
Schwimmen Total	1.45	28:07	19:23	6	2:44	57		1.45	28:07	19:23	6	2:44	57	
ZZ Rad	11.00	44:57	4:05	11	26:51	56	27:13	12.45	1:13:04	5:52	4	29:35	53	13:53
ZZ Rad	11.00	25:12	2:17	9	4:41	40	5:04	23.45	1:38:16	4:11	4	34:16	51	17:49
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	20:43	1:52	8	3:40	37	4:18	45.45	1:58:59	2:37	6	16:55	55	
Wechsel Rad-Lau	0.05	1:34	31:19	6	0:23	21	0:35	45.50	2:00:33	2:38	6	17:18	57	
Rad Total	44.05	1:32:26	2:05	8	15:53	36	17:34	45.50	2:00:33	2:38	6	17:18	57	
ZZ Lauf	3.33	10:55	3:16	3	1:26	13	2:06	48.83	2:11:28	2:41	6		55	
ZZ Lauf	3.33	24:00	7:12	3	4:13	18	4:40	52.16	2:35:28	2:58	3	11:02	43	
Lauf	3.33	12:26	3:44	4	2:00	22	3:15	55.40	2:47:54	3:01	6	23:35	25	30:20